

# Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

## Preparing for birth and the first 10 Days

**Tuesdays, 3:00–4:00 p.m.**  
**December 6 and February 7**  
**Vermont Department of Health**  
**WIC Office, St. Johnsbury**

While breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and signs that breastfeeding is going well. Dads and grandparents are welcome, too.

Call Amanda to register at 751-0171 or 1-800-952-2936.

## Understanding your newborn baby's behavior

**Tuesdays, 3:00–4:00 p.m.**  
**December 13 and February 14**  
**Vermont Department of Health**  
**WIC Office, St. Johnsbury**

Join other pregnant women like you to learn about newborn behavior so you can know what to expect. We'll talk about hunger cues, infant sleep patterns, reasons for crying, and we'll also help you see solutions to common concerns. Understanding your baby better can help you feel less stressed and more confident in caring for your newborn. Dads and grandparents are welcome, too.

Call Amanda to register at 751-0171 or 1-800-952-2936.

## Understanding your baby's cues

**Tuesdays, 3:00–4:00 p.m.**  
**December 20 and February 28**  
**Vermont Department of Health**  
**WIC Office, St. Johnsbury**

Understanding your baby can help you feel less stressed and more confident. Learn how to recognize hunger cues, sleep patterns, reasons for crying, and solutions to common concerns. Dads, grandparents and other support welcome..

Call Amanda to register at 751-0171 or 1-800-952-2936.

## Good Morning Yoga

**Friday, January 6; 8:30–9:30 a.m.**  
**Vermont Department of Health**  
**WIC Office, St. Johnsbury**

Do you and your little ones have a hard time waking to start your day? Come to the WIC office to learn a series of yoga stretches and breathing practices to help you start your day energized and ready for the tasks ahead. This series is geared towards little ones but suitable for all ages and abilities.

Call Faith for more information or to register today at 748-5151 or 1-800-952-2936.

All activities are FREE  
of charge!

## Quick, kid-friendly meals

**Wednesday, February 1; 5:00 p.m.**  
**Vermont Department of Health**  
**WIC Office, St. Johnsbury**

Struggling to come up with quick meals that your kids will eat? Join us to learn and sample some new recipes and learn how to involve your kids in the cooking process. Feel free to bring recipes that your family likes to share with others.

For more information or to sign up, call Amanda at 751-0171 or 1-800-952-2936.

## La Leche League meeting

**2nd Tuesday of each month**  
**10:30 a.m.**  
**St. Johnsbury Athenaeum**  
**(Children's Room side entrance)**

Fun and relaxed meetings are for breastfeeding and expecting moms. Babies and children welcome. Prepare for your baby's birth, meet other moms, get tips for making life with baby easier, and more.

## Story time

**3rd Monday of every month**  
**4:15–5:15 p.m. and**  
**1st Wednesday of every month**  
**10:30–11:30 a.m.**

All ages of children are welcome. Call Abby for more information, 751-0177.